



ShipShape

Weight Management *eNews* | Fall 2015

Program Manager's Note

The Navy and Marine Corps Public Health Center (NMCPHC) is pleased to introduce Mr. Anthony Barkley, Public Health Educator at NMCPHC, as the newly assigned ShipShape Program Manager. Mr. Barkley brings a wealth of knowledge and experience in public health education and will be instrumental in coordinating initiatives and efforts across the program. Mr. Barkley has 20 years of experience as a Medic/Nurse (LVN) with the U.S. Army and four years of experience as a Patient Health Educator managing and teaching "Diabetic Self-Management" and "Chronic Disease Self-Management" for the Veterans Hospital in Danville, IL. He also worked as the Community Health Promotion Coordinator for U.S. Armed Forces Korea Area I for two years and as a Health Education Specialist delivering Teen Pregnancy Prevention curriculum for Contra Costa County, CA for one year.

We want to recognize and thank **Ms. Sally Vickers**, the former ShipShape Program Manager, for her outstanding leadership and contributions to the program. Ms. Vickers, who will be retiring, has spent her career supporting programs and creating resources to assist Navy and Marine Corps personnel, their family members, and government employees in living a healthy lifestyle. Thank you for the tremendous impact that you have made to both the ShipShape Program and Navy Medicine throughout your career!

Moving forward, please reach out to Mr. Barkley with any questions or inquiries regarding the ShipShape Program at usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-shipshape@mail.mil. For information on the program, visit the [ShipShape Program website](#).

Very Respectfully,

Anthony Barkley
ShipShape Program Manager, NMCPHC

GET READY. GET FIT. GET HEALTHY.

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Stay Connected to the ShipShape Program!

Visit our [website](#), subscribe to the [newsletter](#), and always feel free to [contact us](#) directly. You can also engage with the program manager and other facilitators on the [ShipShape Program milSuite group](#)!

Upcoming Dates

Tobacco Cessation Facilitator Training
12 NOV 2015 & 26 JAN 2016: Naval Dental Clinic—Norfolk, VA

HP and ShipShape Program Facilitator Training
22-26 FEB 2016: Navy Environmental Preventive Medicine Unit Five (NEPMU-5) — San Diego, CA (Facilitator Training 24 FEB)

07-11 MAR 2016: NEPMU-2 — Norfolk, VA (Facilitator Training 10 MAR)



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Nutrition

On the Go? Drink a Smoothie!

Like the chicken or the egg debate, there is a longstanding dispute over smoothies: is a smoothie a food or beverage? It's an important distinction, especially for health practitioners and dietitians helping to keep our Sailors and Marines fit. Well, according to the USDA, the answer is pretty nuanced:

"For a smoothie to count as a food, it must meet the general standard by including one of the main food group categories as the first ingredient and it must meet the specific nutrient standards. If the smoothie contains a meat alternate, such as yogurt or peanut butter, and a fruit or vegetable, it would be considered a food."

Who knew the world of smoothies was so intricate? Adding lean proteins like Greek yogurt or all-natural peanut butter not only defines smoothies as food, but it also helps create a healthy meal replacement. During a busy day, drinking (or eating) a smoothie can be a great way to get in your daily caloric intake, which should consist of 45-65 percent nutrient-rich carbohydrates, 10-35 percent lean proteins, and 20-35 percent healthy fats² – all of which can be combined into a smoothie! Encourage ShipShape Program participants to make batches of smoothies at the beginning of the week so they have fresh meal replacements ready to go. Check out some yummy recipes to share with your participants:

- Refreshing apricot smoothie
- Summer breeze smoothie
- Classic strawberry and banana smoothie



If some participants are having a hard time fitting vegetables into their diets, encourage them to throw kale, spinach, or another dark green veggie into their smoothies to increase nutritional value. To learn more about healthy eating check out NMCPHC's **Fruits and Vegetables Toolbox**.

Body

Sweat or Relax Through Yoga Practice

Yoga is not some fitness fad. In 2013, approximately 21 million adults practiced yoga, so clearly it's a trend that's here to stay.³ Through a combination of breath control, simple meditation, and specific postures, yoga helps the body heal by⁴:

- Reducing chronic lower back pain
- Lowering blood pressure
- Relieving anxiety and depression

Yoga is widely practiced because it's a low-impact form of exercise, so people of all ages can take part. Its positive, holistic health benefits are another reason why yoga is so popular. But it's great for more than just its restorative properties – yoga can also be a tool to build strength.

Further, conscious breathing is a crucial component to getting the full benefits out of your practice. Encourage participants to try out **Tactical Breather**, an app specifically designed to help take control of your heart rate and breathing. The **Breathing section**

of the Relax Relax website is another great resource for readily available exercises.

Whether you are looking to sweat or just relax, yoga can be beneficial any time of day. Best of all, yoga classes are offered throughout most communities and online. Check out programs at MWR facilities and local gyms. If the class times aren't convenient, log on and download an app or watch a YouTube video from a laptop. Help by promoting this alternative workout with your ShipShape Program participants.

Mind

Say NO to Stress!

Whether it's related to your job, finances, family, etc., we all experience stress at times. It's important to understand that stress is normal, and it's just our body's natural reaction to challenges or changes. However, it can seriously impact health if it goes unrecognized and untreated. Therefore, a key component of the ShipShape Program is teaching participants to better understand stress, including how the body responds to it, the impacts it can have on the body, and techniques for successful stress management.

As a ShipShape Program Facilitator, it's your job to remind participants that while there's no "quick fix" for stress, there are a variety of techniques, resources, and programs – many tailored specifically to support Sailors and Marines – available to help navigate stress. Below are helpful sources that you can





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use to support participants, either through integrating the information into your sessions or including the resources and information in follow-up contacts with your participants (such as group sessions or emails during the six-month follow-up period).

- ▶ NMCPHC's **Navigating Stress Web page** has links to over 60 helpful stress management programs, resources, and presentations in an organized format, so you can easily find what you're looking for.
- ▶ NMCPHC's ShipShape Program website includes links to the materials used throughout the program. Visit the **ShipShape Participant Resources Web page** (Session 7 – Stress Management and Relaxation) to access these materials.

food establishments to include calories and other nutrients on their menus. To ensure that the nutrition information is accurate, the FDA recently extended the compliance deadline to December 1, 2016. The new menu labels are a welcome tool that will enable your ShipShape Program participants to make more informed food choices when they dine out.

ShipShape Program News

ShipShape Program Facilitator PRT Requirement Changed from Excellent to Satisfactory

In light of the 4 August 2015 release of NAVADMIN 178/15 (Physical Readiness Program Policy Changes) and anticipated increased demand for the ShipShape Program, NMCPHC has changed the requirement for the score on the most recent PRT from Excellent to Satisfactory for military members to become a Certified ShipShape Program Facilitator. The additional requirements remain the same: at least an E-5 and must be within BCA standards. Please encourage colleagues who are interested in becoming ShipShape Program Facilitators to register for training. Additionally, we encourage ShipShape Program alumni to also register for Facilitator training and help others learn

how to manage their weight. For a list of scheduled ShipShape Program Facilitator Training opportunities, visit **NMCPHC HPW Training**.

Keep Current on ShipShape Program Resources and Materials Available on the Program Website and milSuite!

All ShipShape Program Facilitators are reminded to always download the latest version of the Roster and Reporting Form each time a new program is started, as updates are periodically made to the form.

The link to the post-course evaluation for ShipShape Program participants has changed. Please make note of the new link: <https://survey.max.gov/242484>.

Looking for a List of Other ShipShape Program Facilitators?

Several of you have been asking for a list of ShipShape Program Facilitators to see if there are any in your area that you could co-facilitate with or that you could refer participants to. We have created that list for you, and it has been posted in the **ShipShape Program Facilitator group** on milSuite.

This is a publication of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department. It provides the ShipShape Program community with information and resources that promote Mind, Body, Nutrition, and Weight Management. The content focuses on the fundamental components of the ShipShape Program: mindset, nutrition, and physical activity. It also provides ShipShape Program Facilitators with important program news, announcements, and key dates and events.

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Weight Management in the News

Labeling Requirements for Restaurants Extended

Americans consume about one third of their calories away from home.⁵ As a ShipShape Program Facilitator, you know that many of those calories come from high fat foods and sugar sweetened beverages. The good news is that the Food and Drug Administration (FDA) ordered chain restaurants and some retail

¹ Smart Snacks in School: Questions and Answers Regarding the Interim Final Rule. United States Department of Agriculture. <http://www.fns.usda.gov/sites/default/files/SP23-2014os.pdf>. Updated June 2014. Accessed July 2015.

² Dietary Guidelines for Americans, 2010. United States Department of Agriculture. <http://www.fns.usda.gov/dietary-guidelines-americans-2010>. Published December 2010. Accessed July 2015.

³ Nationwide survey reveals widespread use of mind and body practices. National Institutes of Health. <https://ncnih.nih.gov/news/press/02102015mb>. Updated April 2015. Accessed July 2015.

⁴ Yoga for Health. National Institutes of Health. <https://ncnih.nih.gov/health/yoga/introduction.htm#hed4>. Updated June 2013. Accessed July 2015.

⁵ Overview of FDA Labeling Requirements for Restaurants, Similar Retail Food Establishments, and Vending Machines. The U.S. Food and Drug Administration. <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm248732.htm>. Updated 9 July 2015. Accessed 20 August 2015.